



# Breastfeeding Is Best



- \* Benefits of Breastfeeding
- \* Getting Started
- \* Common Problems
- \* Collecting & Storing Milk
- \* Returning to Work or School







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## Who to Call for Help



- Taking care of a demanding, new baby is not easy. You may feel tired and full of doubts. Am I doing the right things for my baby? Do I have enough milk? Can I hang in there?
- Talking to friends and family about your experiences during your first weeks at home can be reassuring. Who will you call?
  - ❖ Your mother, aunt, or sister who enjoyed nursing her child(ren): \_\_\_\_\_
  - ❖ Your friend who nursed and enjoyed it: \_\_\_\_\_
  - ❖ The WIC staff: \_\_\_\_\_
  - ❖ Lactation consultants: \_\_\_\_\_
  - ❖ A woman you met at WIC or La Leche League classes who enjoyed nursing her child(ren): \_\_\_\_\_
  - ❖ Your doctor: \_\_\_\_\_
  - ❖ Other: \_\_\_\_\_
  - ❖ With a support person to answer questions, mothers find that breastfeeding gets easier and more rewarding.







## Share Your Love

Now begins a special time for you. You have a new baby. It is a time to be together. A time to share.

- This booklet will show you:
  - ❖ The benefits of breastfeeding to mom and baby.
  - ❖ How to start breastfeeding.
  - ❖ How to prevent or solve common problems.
  - ❖ How to collect and store your breastmilk.
  - ❖ How to return to work or school.

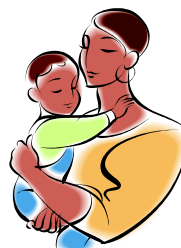


## Benefits of Breastfeeding

- Gives your baby the best start in life.
- Mothers feel very special.
- Something you will remember for the rest of your life.
- An unique and healthy gift given to your baby.
- Promotes a special bond that lasts forever.

### Breastfeeding is a Special Gift

- Mother's breastmilk is the perfect food.
- Mother's body is made to nurse.
- Mother's love and breastmilk helps baby grow up healthy and happy.
- Breastfeeding is the one thing only a mother can do.
- Breastfeeding provides a special time for mother and baby. Even one or two feedings each day will allow for a quiet time for mom and baby.



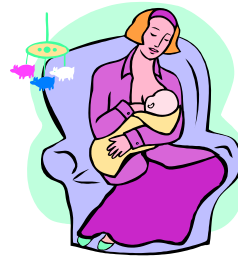
- Little by little, as you explore your baby and your baby explores you, an impression is made. For your baby:
  - ❖ The touch of your skin,
  - ❖ The sound of your voice,
  - ❖ Your heartbeat,
  - ❖ Even your scent means total comfort and love.



### **Breastfeeding is Best!**

**Your milk is the best start you can give baby because:**

- ❖ Breastmilk helps keep baby from getting sick.
- ❖ Babies who are exclusively breastfed for at least 6 months are less likely to have ear infections, diarrhea, respiratory illness, and childhood obesity.
- ❖ Breastmilk is easily digested, so breastfed babies have less colic, gas and spitting up.
- ❖ Breastfed babies have fewer stomach problems or constipation.
- ❖ Breastmilk tastes good! Babies who are breastfed are used to different tastes, so it is easier to introduce solids later.
- ❖ Babies who breastfeed past four months of age have fewer cavities.



- ❖ Breastfeeding helps promote proper jaw, tooth and speech development.
- ❖ Breastmilk meets the needs of your growing baby. The amount of protein, carbohydrates and fat found in breastmilk provides the perfect nutrition for your baby to grow.
- ❖ The perfect balance of nutrients makes the breastmilk easier for your baby to digest.
- ❖ Breastmilk is all your baby needs for four to six months.



### **Breastfeeding your baby is good for you too:**

- ❖ It helps mothers lose baby weight. Breastfeeding requires 500 or more calories a day. half of the calories come from baby fat
- ❖ It helps tighten your stomach and get you back in shape.
- ❖ After the birth of the baby one of the first changes for the mother is the size of the uterus.
- ❖ Each breastfeeding helps the uterus to return to its normal size.
- ❖ It reduces the risk of breast cancer, ovarian and uterine cancer.
- ❖ It improves bone density.



## **Breastfeeding Will Save You Time and Money**

- Breastfeeding is convenient. You will spend less time in the kitchen mixing formula, washing and warming bottles.



Breastmilk is fresh and ready to use. No storage is required unless milk is pumped and stored for use at a later time. Refrigeration or freezer would be required for storage.

- Breastfeeding costs less than buying formula. You don't have to buy anything.
- Breastfed babies may have less doctor visits due to illness.
- Extra costs may be noted, however, in the purchase or rental of a breastpump and extra food for the mother.



## **Risks of Not Breastfeeding**

- Increased chance of the baby having:
  - ❖ Ear infections
  - ❖ Respiratory illnesses
  - ❖ Diarrhea
  - ❖ Obesity when older
- The longer a baby is breastfed, the more protection against ear infections, respiratory illnesses, and childhood obesity.



# Getting Started

## Breastfeeding is a Learned Process

- Breastfeeding requires practice and skill for both mother and baby.
- Frequent feedings are needed to ensure that the mother's breastmilk supply will increase enough to meet your baby's needs.

## After the Baby is Born

- Breastfeeding is important right after delivery to introduce your baby to your breast.
- Expect to breastfeed your baby 8-12 times in 24 hours.

## Tips to Help with Let-Down

- Make yourself comfortable at feedings.
- In the beginning, you may want to pick a quiet spot where you will not be disturbed.

## How to Tell if Your Milk Has 'Let-Down'

Signs that your milk has 'let-down' to your nipples so your baby can nurse may include:

- A tingling feeling in your breast soon after you begin nursing.
- Leaking from your other breast while nursing.
- A change in the way your baby is swallowing soon after your baby starts nursing.



## How to Make Milk

Breast size does not make a difference; your body makes plenty of milk for baby.

- ❖ The more baby nurses, the more milk your body makes.
- ❖ If you don't think you have enough milk, nurse more often and nurse longer each time to build up your supply.
- The first milk from your breast is called colostrum. Colostrum is very good for baby. It helps protect baby from sickness. It looks yellow and thick or may look clear and watery. It changes color in a few days.
- After the colostrum, when your milk comes in, usually 2-6 days after birth, it will look thin and watery and may have a yellow or bluish color.
- When your milk comes in, each time you breast feed your baby will receive two types of milk, foremilk and high milk (high fat). During the first few minutes your milk may look bluish and thin like water, then, later it may get thick and creamy.
- Your breasts may swell when your milk comes in. This swelling goes away around the second week.
- ❖ You are not losing your milk when the swelling goes away.
- Nurse your baby on demand. You have enough milk to feed your baby again after 1-2 hours, even if you can't see or feel it.
- Avoid nursing on a schedule and offering formula, water or other foods to your baby. These cause your body to make less milk.





- Be sure to drink plenty of water, milk or unsweetened fruit juice, eat a healthy diet, and get plenty of rest.
- Check with your doctor if you are taking medicine.

### **Hunger Cues**

- You will learn your baby's hunger cues, here are some to watch for:
  - ❖ Bringing his hand to his mouth
  - ❖ Opening and closing his lips
  - ❖ Coughing
  - ❖ Wiggling
  - ❖ Lip Smacking
  - ❖ Finger Sucking
  - ❖ Yawning
  - ❖ Crying - You want to begin feeding him before he starts crying. When he is crying sometimes it is harder to get him to latch on as he is tired.

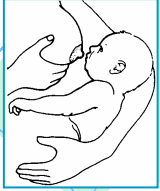
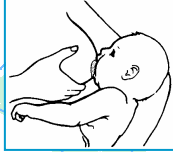
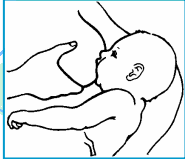


### **What if Baby Cries?**

- Crying is baby's way of saying "I need something!"  
It may be:
  - ❖ A clean diaper
  - ❖ A burp
  - ❖ Some rocking and loving
  - ❖ A nap
  - ❖ Too cold or too hot.
  - ❖ If you have just breastfed, try giving baby these things first. If nothing helps, your baby may still be hungry. Try not watching the clock but follow your baby's cues for feeding.



## How to Start and End Breast Feedings

1. Breastfeed within the first hour after delivery or as soon as you feel ready to hold the baby.
  - ♦ Make yourself comfortable; sit or lie in bed.
  - ♦ Ask the nursing staff to help with getting started.
  - ♦ A pillow or folded blanket placed on your lap can support your arm and baby.
  - ♦ Many mothers feel clumsy doing this the first time; so be patient with yourself.
2. Hold your baby with his tummy to your tummy and his lower arm around your waist. Your nipple needs to be right at his mouth, so he doesn't have to turn to reach it. Hold your breast between your thumb and first finger. Keep your hand behind the brown part around your nipple (areola).
3. Gently rub your baby's cheek closest to your breast with your finger or your nipple. As he turns towards the breast, lightly tickle your baby's upper and lower lip with your nipple. After a few tries, your baby will open wide, as if to yawn.
4. Quickly, but gently center your nipple in his mouth as you draw him in very closely toward your body. Your nipple will point slightly toward the roof of the baby's mouth. Do not lean forward, bring the baby toward you. Make sure he has your entire nipple and as much of the areola (dark part around the nipple) in his mouth as possible.



5. Pulling the baby in closely causes him to remain correctly positioned on your breast. Your baby's nose and cheeks should gently touch the breast. Pull your baby's bottom toward you or lift up with the hand holding your breast to make an airway for his nose if needed.
6. When baby is ready to end the feeding he/she will release the breast.
7. If mother must end breastfeeding, put your finger in the corner of his mouth to break the sucking.
8. Keep track of the breast last used by pinning a safety pin on that bra strap. Use that breast first during the next feeding.



### **How Often and How Long to Feed Your Baby**

- Your baby may do more nuzzling than nursing his first couple times at the breast, but these are good starts.
- Let your baby feed as he demands. This may result in a 3 minute feeding or a feeding well over 15 minutes.
- After your milk comes in baby should nurse, about every 1  $\frac{1}{2}$  to 3 hours (8-12 times each 24 hours).
- Breastfed babies need to nurse more often than formula fed babies because breast milk is so easily digested.
- Baby's stomach is about the size of his fist, so he will need to breastfeed often.
- At first, feeding times will be irregular. After a few weeks, your baby will get into a schedule of eating every 2-3 hours.



- If you have a sleepy baby, wake him every 2-3 hours in the daytime, and at least twice at night to feed. Your baby needs at least 8 feedings in 24 hours.
- If your baby is sleepy at feeding time, remove all but his diaper and shirt, change his diaper, pat his legs with a cool cloth, or rub his back to wake him up.
- Do not give your baby bottle nipples or pacifiers until your milk supply is in and a good sucking pattern is set. Allow up to four weeks for baby to learn this sucking pattern.
- As the baby grows and is older, the number of breastfeeding times per day will decrease along with the number of feedings because baby becomes better at breastfeeding.
- Most babies will have growth spurts at about 10-14 days, 3 weeks, 6 weeks, 3 months and 5-6 months. However, growth spurts can happen at any time. During these growth spurts, a baby may be fussy and want to nurse more often. When the baby does nurse more often, the breastmilk supply increases and the baby is content.



## **Breastfeeding Positions**

**Sitting:** Use a pillow under your baby to keep him high above your lap.



**Football Hold:** Place your baby on a pillow at your side, with his legs under your arm. Try this hold if you had a C-section.

**Lying on Your Side:** This position is good for night feedings. You don't have to roll over to change breasts. Try not to fall asleep.



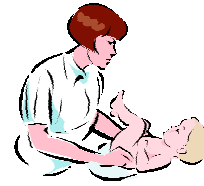
## **Is Your Baby Getting Enough to Eat?**

Ask yourself these questions:

- Can I hear my baby swallowing to be sure he is getting breastmilk?
- Is my baby gaining a pound or more a month? (Weigh him at the clinic.)
- Am I nursing 8-12 times a day and is my baby content after feedings?
- Does my baby have 6 or more wet diapers daily? (Use of super absorbent diapers makes it hard to tell how often baby is wetting.)
- Has my baby had at least 2 stools a day for the first 2 days and at least 3-4 stools a day for the next 4 days, and at least 4 stools a day for the next 4 weeks.



Your baby's stools will be sticky and black (meconium) for the first 1-2 days, soft and brown by day 3 and watery yellow by day 4. Breastfed baby's stools look like a mixture of water, yellow mustard, cottage cheese and sesame seeds. Breastfed baby's stools have little or no odor.



**\*\*If you answer 'No' to any question, try feeding more times each day. Also, let your baby nurse longer. Avoid offering formula or water in place of breastmilk.**

### **Eat Right for Your Baby**

- A nursing mother burns up to 500 or more calories per day compared to pregnancy. You may need these extra calories to maintain a healthy weight.
- Your baby depends on you for good food. So you need a healthy diet based on the Dietary Guidelines and MyPyramid. You will need to eat a variety of foods including whole grains, vegetables, fruit, milk/cheese and meat/dried beans.
- While you are breastfeeding:
  - ❖ Eat a little more than when you were pregnant.
  - ❖ Keep taking a multivitamin while breastfeeding.
  - ❖ Drink plenty of water, unsweetened fruit and vegetable juices and milk.



## **Your Baby's Fussiness and Growth Spurts**

- Young babies, breast and bottle fed, are often fussy in the late afternoon or evening.
- It is not usually due to hunger, a wet diaper, or anything you can fix.
- It is not because you have too little milk or something is wrong with your milk.
- Try not to get discouraged if you have a fussy baby. Comfort him as best you can.
- The second week is hard for many breastfeeding mothers. Your baby may go through a growth spurt and be extra hungry and fussy.
  - ❖ Your supply is fine. Go along with your baby's need to nurse very often.
  - ❖ After about 2 days, your milk supply will be built up.
  - ❖ Breastfeeding will get easier for you and your baby after the first few weeks.
- Your baby may have other growth spurts or days when he is hungrier and needs more milk: around 10-14 days, 3 weeks, 6 weeks, 3 months and 5-6 months of age.



## **Breast and Nipple Care: It's Important**

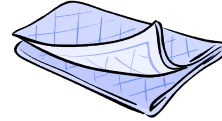
- Do not use soap or anything else on your nipples, just plain water.
- Wash infrequently to avoid drying.



- Pat your breasts dry with a clean cloth. This will keep your nipples from getting sore.
- Air dry nipples after each feeding when you can.
- Hand washing is important. Always pick up your baby with clean hands.
- Be sure to wash your hands with soap and water after you change baby's diaper or go to the bathroom.

### **Breastfeeding Away From Home**

- Many styles of clothing allow the mother to breastfeed privately. You may choose to wear a jacket or loose top with front openings or to cover yourself with a blanket.
- Public areas may have special rooms available for nursing mothers.
- Arrange your day around your infant's feeding times. If you do not feel comfortable at first breastfeeding in public, consider taking expressed breastmilk in a bottle when you are going to be away from home.
- Unbutton your shirt from the bottom instead of the top to keep yourself covered.
- Request a booth in the back of the restaurant or some place with more privacy when nursing in public.





# Common Problems

Correctly positioning your baby on your breast and nursing 8-12 times a day will prevent most breastfeeding problems.

You can manage common problems.

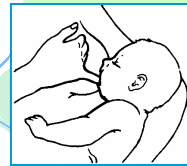
## Leaking

Leaking is normal, although may not occur in every mother. You will leak less over time. Until then:

- During feedings, press firmly on the nipple area of your other breast to stop the leaking.
- Wear nursing pads during and between feedings. You can make your own pads from soft, cotton material or cloth diapers. Wash as needed. Some stores sell washable and disposable nursing pads. Choose those without plastic liners.

## Sore Nipples

- Breastfeeding can be painful at the beginning of a feeding when baby first latches on to the breast. This is common and usually occurs toward the end of the first week of breastfeeding. This only lasts a few seconds and usually only a few days. However, pain that lasts more than a minute or continues during the feeding or between feedings may be a sign of poor positioning or a breast infection.
- Soreness is common, but not normal, when beginning breastfeeding. It is usually due to poor attachment of the baby on the breast. To avoid getting sore:



- ❖ Change your nursing positions: sit, lie down, and use the football hold.
- ❖ Make sure your baby nurses with his mouth well up on your breast, not just the end of the nipple. (see drawing)
- ❖ If infant is latched on incorrectly, break the suction by putting your finger in the corner of his mouth then relatch onto breast.
- ❖ Let your nipples air dry after feedings: leave your bra flaps down.
- ❖ Express a drop of breastmilk and rub around your nipple/aerola then air dry.
- ❖ Avoid soaps, lotions, creams, and breast pads with plastic liners.
- ❖ If you are very sore, start feedings on your least sore side.
- ❖ For comfort, put ice on your nipples before feedings and some breastmilk on them afterwards.
- ❖ Call WIC for help if you remain sore.

### **Uncomfortable Full Breasts (Engorgement)**

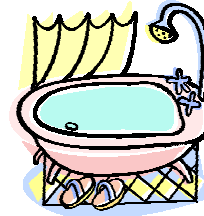
Some fullness is normal in the first weeks. However, if milk is allowed to build up in your breasts, they may feel uncomfortably full, hard, or warm to the touch. This is called 'engorgement'. To prevent it:

- Make sure your baby has your entire nipple and much of the areola (dark part around the nipple) well into his mouth, not just the end of the nipple.
- Nurse on demand (at least 8-12 times a day) using both breasts.



- Nurse at night and during the day.

- ❖ If you are engorged, take the above steps. Also put a warm washcloth on your breasts or take a warm shower before feeding to help your milk flow.



- ❖ Cold compresses between feedings will help to decrease the swelling. Bags of frozen peas wrapped in a cold washcloth work well for this.
- ❖ Massage your breasts gently to release a little milk before feedings. Hand express or pump a small amount of milk to soften the breast and make it easier for baby to latch on.
- ❖ Begin feedings on the fullest breast.
- ❖ If your breasts become red and tender, and you have a fever, call your doctor.

### **Too Little Milk**

- It may help to switch breasts every five minutes (a few times) each feeding.
- After about 2 days, your supply will be built up.
- Nurse on one side and pump on the other side to help increase milk supply.

### **Tender Breast Lump**

- If you notice a tender lump in one of your breasts or in the brown area around one of your nipples, you may have a 'plugged duct'.
- The area around it may be red and you may ache. It occurs when milk builds up in your breasts and there is pressure on the area. To prevent a plugged duct:



- ❖ Wear a comfortable nursing bra (avoid one that is too tight or has an under wire).
- ❖ Do not use a tight fitting front baby carrier.
- ❖ Nurse 8-12 times a day.
- ❖ Change your nursing positions often: sit, lie down, or use football hold.
- If you have a plugged duct, follow the steps below:
  - ❖ Before feedings, put a warm washcloth on your breast and gently massage the area to loosen the plug.
  - ❖ Offer this breast first and position your baby so his chin is closest to the sore spot.
  - ❖ With a few feedings, the plug should move toward and then out your nipple. It may look like thin spaghetti. Rest in bed. See your doctor if the plug doesn't move at all after more frequent nursings in a 24 hour period of time or if you have a fever.

### **Breast Infection**

- If one of your breasts is red and tender to touch (from a plugged duct or engorgement) and you feel like you've got the flu, you may have a breast infection.
- Do not stop nursing. Nurse more often. The infection will not spread to the baby.
- Drink enough fluids to satisfy your thirst.
- Put a warm, wet washcloth on your breast before feedings and offer your baby the affected breast first.
- Make sure your baby is positioned right. Rest in bed. See your doctor if you feel achy for more than one day. You may need an antibiotic.
- You can use cold packs after breastfeeding to help relieve the pain and decrease the swelling.
- Call the clinic for help before you consider offering formula to your baby.



## **Breastfeeding When You're Ill**

- You can keep breastfeeding even with most illnesses, like coughs, colds, fever or common diarrhea.
- Your milk is good and it still protects your baby from many illnesses.
- If you have questions about breastfeeding when sick, call your doctor.



## **When to Ask for Help**

- Baby can not stay latched on.
- Baby is breastfeeding fewer than 8 times in 24 hours.
- There is no sign of milk let down.
- There is no sign of the baby swallowing.
- Baby continues to lose weight on day 5.
- Baby is below birth weight at 2 weeks.
- Baby is having less than 2 wet diapers per day during the first 2 days and fewer than 3-4 wet diapers during the next 4 weeks.
- Baby is having less than 3 stools per day in the first month of age.
- There is a change in the baby's appearance.
  - ❖ Baby is restless and fussy or listless and sleepy for long periods of time.
- If you notice any of these signs, call your health provider or the local Community Health Office.

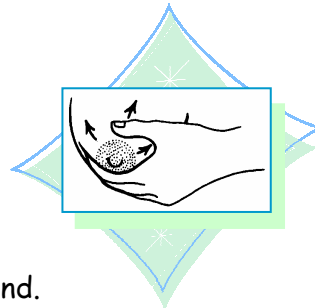
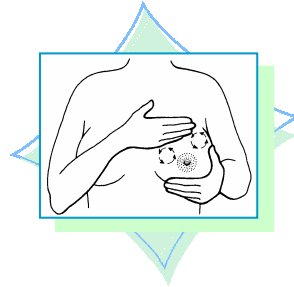


# Collecting and Storing Milk

## Collecting Your Milk

To help establish your milk supply it is recommended that you should exclusively nurse your baby for the 1<sup>st</sup> month. This also allows baby to learn how to nurse.

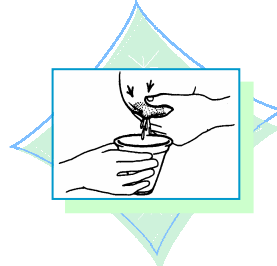
- You can collect (express) your breast milk when you are unable to nurse your baby.
- This can be done using hand expression or a pump. A manual pump is handy if you plan to express often.
- You can get one through WIC or from a drug store.
- Wash the pump or container you will use to collect your milk in hot, soapy water.
- Put a warm washcloth on your breasts to help your milk flow (when you are first learning, you may want to practice in the shower).
- Massage your breasts for a few minutes.
- Do this by placing one hand under your breast for support.
- Apply gentle pressure using a circular motion with your other hand.
- Massage from several starting points always working from the chest toward the nipple.



- Repeat on your other breast.
- Relax and think about your baby. This will help with milk let down and increase the amount you are able to express.
- You can hand express or pump every three hours.

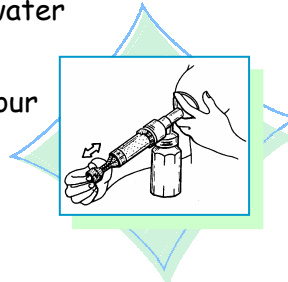
### **Hand Expression**

- A margarine tub works well if you plan to use hand expression. With practice, you can express directly into a nurser bag/bottle.
- Begin by washing your hands.
- Place your fingers and thumb about 1 inch behind the nipple. Press back toward your ribs and squeeze in and down toward the nipple.
- Move your hand around your breast and continue.
- Collect your milk into clean container.



### **Manual Pump**

- Wash your hands with soap and water and rinse thoroughly.
- If available put warm water on your breasts for 1-3 minutes.
- Massage your breasts in a circular pattern.
- Relax and think about your baby. This will assist with the milk release.



- Pick out the right nipple adapter for your breast size (if available). Put it in the end of the pump.
- Adjust the suction control on the pump to the lowest setting.
- Center the breastshield over your nipple and hold the pump in place.
- With your other hand gently pull the piston out all the way to create suction.
- Push the piston back in all the way.
- Continue to pull the piston in and out as milk starts dripping into the pump.
- As your milk flow increases you can adjust the suction control to whatever feels most comfortable.
- When milk flow slows down switch to your other breast. Then massage both breasts again and pump some more.
- Expressing your milk gets easier with practice and works best when your milk supply is built up.
- Don't be discouraged if you can express only an ounce at first.
- Wash the manual pump and containers after each use in hot soapy water, rinse well and air dry.

### **Storing Your Milk**

- Store your milk in a sterile hard plastic or glass bottle or disposable breastmilk freezer bag.
- Put enough milk for 1 feeding in each bag/bottle. Do not overfill.  
If you plan to freeze the milk, it should be double bagged.





- Label the bag/bottle with the date on masking tape.
- Breastmilk freshly expressed will last up to 2 hours at 66-72° F., refrigerate 48 hours at 32-39° F., store in cooler with 3 frozen ice packs 24 hours at 59° F, and 2 months in the back of a refrigerator freezer that stays at zero degrees, store in deep freezer 6 months at zero degrees F.
- If you don't have a refrigerator or freezer close by when you collect your milk, pack your milk on ice in a container.
- Use the oldest milk first.
- To thaw frozen breastmilk, shake the bottle/bag gently while holding it under warm water. Do not boil or microwave it. Thawed breastmilk may be stored up to 24 hours in refrigerator and never refreeze thawed breastmilk.

## Returning to Work or School

You can work or go to school and continue to breastfeed. Breastfeeding helps keep mom and baby close even when you are away from each other. Before returning to work, talk to your employer and child care provider about your breastfeeding needs. Be creative and find what works for you! Here are three options:

1. Find a babysitter or daycare close to work or school. Go to your baby or have your baby brought to you to nurse.
2. Nurse before and after work or school. Hand express or pump your milk at work or school and give your milk to the sitter to feed the next day.



3. You may need to express milk during the day for comfort in the early weeks. Have the sitter give your baby formula while you are gone, if there is not enough breastmilk.

### **Offering Breastmilk Only**

#### **2-4 Weeks Ahead of Time**

- Begin to express your milk a few times each day. Allow yourself enough time to practice and learn how to pump. Some women find it easy to nurse their baby on one breast, while expressing on the other. Try to follow the same schedule that you will use when you return to work or school. You can build up a frozen supply of breastmilk this way.
- Nurse and express in different places, such as the homes of relatives and friends. It will then be easier to nurse at the sitters and at work or school.
- When your baby is one month of age, begin offering a supplemental bottle of breastmilk. Your baby may accept the bottle better if someone else offers it.
- Develop your plan for combining work/school and breastfeeding!

#### **A Few Days Ahead of Time**

Practice your breastfeeding routine:

- Take your baby (and breastmilk) to the day care/sitter.
- Nurse before you leave your baby and as soon as possible when you pick your baby up or arrive home.
- Write down your usual feeding times for the sitter and ask her to feed your baby near these times.



- Ask the sitter not to feed your baby right before you pick him/her up.
- Don't be surprised if your baby wants to nurse often when you are together. Try not to offer bottles, especially formula, at these times. The more you nurse, the more milk you will have.
- Provide extra breastfeedings at night, and on your days off.
- Take care of yourself to be sure you get enough sleep and you are eating a healthy diet.

### **Offering Breastmilk and Formula**

#### **2-4 Weeks Ahead of Time**

- Choose an iron-fortified formula.
- Slowly begin offering formula for those feedings when you will be away from your baby.
- Each week, replace no more than one daily breastfeeding with formula.

Who do you know who has had success with hand expression, pumping, or combining breastfeeding with work or school?

Your Goal/Notes: \_\_\_\_\_

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## **Breastfeeding: The Gift of Love**

- Your breastmilk is the very best food for baby.
- So any breastfeeding is good.  
Whatever time you spend nursing  
is good for you and your baby.
- Try to breastfeed for at least six (6)  
months. Twelve (12) months is even better!
- Remember, it's worth it! Because  
your milk gives baby the very best start in life.  
And only you can give it!



## **Family Planning**

- Even though you are breastfeeding, you can still get pregnant. If you do not want to get pregnant, be sure to guard against it.
- Your family planning clinic or doctor can help you choose a safe effective method.

## **For More Information:**

### **Contact:**

Your Local Community Health Office.

The lactation consultant at your local hospital.

La Leche League in your area.

Check out these breastfeeding websites:

[www.breastfeedingonline.com](http://www.breastfeedingonline.com)

[www.breastfeeding.com](http://www.breastfeeding.com)

[www.lalecheleague.org](http://www.lalecheleague.org)

[www.healthysd.gov](http://www.healthysd.gov) Click on parents for information, and then click online Resources for more information.



## BREASTFEEDING TOOLS

### Breastfeeding Log For The First Week

- The goals in this log represent the minimum expectations for mom and baby in the first seven days of baby's life.
- It is OK for baby to have more wet or soiled diapers than shown.

Day 1 (First 24 hours of Life)	Goal
<p><b>Time of Day you Breastfed your baby - Circle the Time of day to the nearest hour.</b></p> <p>AM 12 1 2 3 4 5 6 7 8 9 10 11 PM 12 1 2 3 4 5 6 7 8 9 10 11</p> <p><b>Circle a (W) or (S) each time the baby is wet or soiled.</b></p> <p>Wet Diaper: w w w w w w w w w w w w w w w w w w w</p> <p>Black Tarry Soiled Diaper: S S S S S S S S S S S S S S S</p>	<p>At least 6-8</p> <p>(1)</p> <p>(1)</p>
Day 2 (Second 24 hours of Life)	Goal
<p><b>Time of Day you Breastfed your baby - Circle the Time of day to the nearest hour.</b></p> <p>AM 12 1 2 3 4 5 6 7 8 9 10 11 PM 12 1 2 3 4 5 6 7 8 9 10 11</p> <p><b>Circle a (W) or (S) each time the baby is wet or soiled.</b></p> <p>Wet Diaper: w w w w w w w w w w w w w w w w w w w</p> <p>Brown Tarry Soiled Diaper: S S S S S S S S S S S S S S S</p>	<p>At least 6-8</p> <p>(2)</p> <p>(2)</p>
Day 3 (Next 24 hours of Life)	Goal
<p><b>Time of Day you Breastfed your baby - Circle the Time of day to the nearest hour.</b></p> <p>AM 12 1 2 3 4 5 6 7 8 9 10 11 PM 12 1 2 3 4 5 6 7 8 9 10 11</p> <p><b>Circle a (W) or (S) each time the baby is wet or soiled.</b></p> <p>Wet Diaper: w w w w w w w w w w w w w w w w w w w</p> <p>Green Soiled Diaper: S S S S S S S S S S S S S S S</p>	<p>At least 8-12</p> <p>(3)</p> <p>(2)</p>



Day 4 (Next 24 hours of Life)	Goal
<p>Circle the Time of day to the nearest hour.</p> <p>AM 12 1 2 3 4 5 6 7 8 9 10 11 PM 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Circle a (W) or (S) each time the baby is wet or soiled.</p> <p>Wet Diaper: w w w w w w w w w w w w w w w w w w</p> <p>Yellow Soiled Diaper: S S S S S S S S S S S S S S</p>	<p>At least 8-12</p> <p>(4)</p> <p>(3)</p>
Day 5 (Next 24 hours of Life)	Goal
<p>Circle the Time of day to the nearest hour.</p> <p>AM 12 1 2 3 4 5 6 7 8 9 10 11 PM 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Circle a (W) or (S) each time the baby is wet or soiled.</p> <p>Wet Diaper: w w w w w w w w w w w w w w w w w w</p> <p>Yellow Soiled Diaper: S S S S S S S S S S S S S S</p>	<p>At least 8-12</p> <p>(5)</p> <p>(3)</p>
Day 6 (Next 24 hours of Life)	Goal
<p>Circle the Time of day to the nearest hour.</p> <p>AM 12 1 2 3 4 5 6 7 8 9 10 11 PM 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Circle a (W) or (S) each time the baby is wet or soiled.</p> <p>Wet Diaper: w w w w w w w w w w w w w w w w w w</p> <p>Yellow Soiled Diaper: S S S S S S S S S S S S S S</p>	<p>At least 8-12</p> <p>(6)</p> <p>(4)</p>
Day 7 (Next 24 hours of Life)	Goal
<p>Circle the Time of day to the nearest hour.</p> <p>AM 12 1 2 3 4 5 6 7 8 9 10 11 PM 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Circle a (W) or (S) each time the baby is wet or soiled.</p> <p>Wet Diaper: w w w w w w w w w w w w w w w w w w</p> <p>Yellow Soiled Diaper: S S S S S S S S S S S S S S</p>	<p>At least 8-12</p> <p>(8+)</p> <p>(4+)</p>

Call your Health Professional if your baby has LESS than the goal number wet or soiled diapers per day.



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